



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 04-09-12)

Visit us at www.fns.usda.gov/fdd

100371 – BEANS, CANNED, BABY LIMA, DRY, LOW-SODIUM, #10

CATEGORY	<ul style="list-style-type: none"> Meat/Meat Alternates or Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> U.S. Grade A canned dry baby lima beans, cooked and packed in salt water.
PACK/YIELD	<ul style="list-style-type: none"> 6/#10 cans per case. Each can contains about 106 oz lima beans in liquid. One #10 can AP yields about 10$\frac{2}{3}$ cups heated, drained lima beans and provides about 42.4 $\frac{1}{4}$-cup servings heated, drained lima beans OR 21.2 $\frac{1}{2}$-cup servings heated, drained lima beans OR yields 70.9 oz (about 11 $\frac{3}{4}$ cups) drained, unheated lima beans and provides about 47.4 $\frac{1}{4}$-cup servings drained, unheated lima beans OR 23.7 $\frac{1}{2}$-cup servings drained, unheated beans. CN Crediting: $\frac{1}{4}$ cup drained lima beans (heated or unheated) provides 1 oz-equivalent meat/meat alternate OR $\frac{1}{4}$ cup drained lima beans (heated or unheated) provides $\frac{1}{4}$ cup vegetable BUT NOT both components at the same meal.
STORAGE	<ul style="list-style-type: none"> Store unopened canned lima beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened canned beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.

Nutrition Information

Baby lima beans, canned, drained

	$\frac{1}{4}$ cup (62 g)	$\frac{1}{2}$ cup (124 g)
Calories	52	105
Protein	2.89 g	5.79 g
Carbohydrate	10.05 g	20.09 g
Dietary Fiber	2.3 g	4.5 g
Sugars	.69 g	1.39 g
Total Fat	.14 g	.27 g
Saturated Fat	.031g	.062g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.04 mg	2.08 mg
Calcium	14 mg	27 mg
Sodium	7 mg	14 mg
Magnesium	31 mg	63 mg
Potassium	242 mg	484 mg
Vitamin A	129 IU	258 IU
Vitamin A	6 RAE	13 RAE
Vitamin C	4.3 mg	8.6 mg
Vitamin E	.06 mg	.12 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.• Use a clean and sanitized can opener.• Heat without added salt and serve alone or use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none">• Use lima beans in soups, salads, and entrees, or serve as a vegetable. Canned limas are ready for immediate use.• Canned lima beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• NEVER USE foods from cans that are leaking, bulging, or are badly dented.• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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